

Ocean View At Falmouth

Volume 10



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

Monty Python 'Silly Walk' Signs Around the World Are Encouraging Pedestrians to Laugh

Pedestrians all over the world are being encouraged to loosen up on their daily strolls through their neighborhoods by showing off their best silly walks reminiscent of the iconic Monty Python sketch from 1970.

Homeowners from Michigan to Ontario have been erecting signs in their front yards asking passerby to strut their goofy stuff similarly to the original "Ministry for Silly Walks" comedic sketch.

Since putting up the "jurisdiction of silly walk" signs in her yard several weeks ago, she has launched an Instagram page dedicated to sharing the dozens of amusing walks that have been captured by her doorbell camera.



One Tip To Stay Social

Here's our next creative writing prompt!

Writing prompts are all about being creative. Are you ready to flex those writing muscles again? Join in on the fun! If you like the prompt below, simply write a short story based on it.

This week's prompt: *"Write a story about your favorite school memory. Who was there? Where was it? How did it happen? How does it end? Focus on one single event. For example, if you played the violin in school you could tell a story about playing violin in a concert. Or if you played on a soccer team, you could tell the story of your tryout."*

Please feel free to share your short stories with us. It may even make it in the newsletter!

[Watch the Walks](#)

[Submit Your Story](#)

Food and Entertainment



Cilantro-Lime Baked Shrimp

INGREDIENTS

- 1/3 cup olive oil
- 1/3 cup chopped fresh cilantro
- 4 cloves garlic, peeled
- 1 small lime, juiced
- 1 teaspoon garlic and herb seasoning
- 1/8 teaspoon cayenne pepper
- 1 pound uncooked medium shrimp, peeled and de-veined
- 3 slices white bread, crusts removed, toasted

STEPS

Preheat the oven to 450 degrees F (230 degrees C).

Combine oil, cilantro, garlic, lime juice, seasoning, and cayenne in the bowl of a food processor; blend well. Toss with shrimp in a bowl. Transfer into a glass 8x8-inch baking dish.

Process toasted bread in a food processor until crumbed. Top shrimp with bread crumbs and spray with a generous coating of cooking spray.

Bake in the preheated oven until bubbly and shrimp are bright pink, about 15 minutes.



This Week's Entertainment Picks

Jameson's Period Piece Pick

The Crown This drama follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the 20th century.



Christina's Period Piece Pick

Peaky Blinders A notorious gang in 1919 Birmingham, England, is led by the fierce Tommy Shelby, a crime boss set on moving up in the world no matter the cost.



Ross's Period Piece Pick

The Imitation Game During World War II, the English mathematical genius Alan Turing tries to crack the German Enigma code with help from fellow mathematicians.



Resident's Pick

Do you have a favorite book or television show, or one that you are currently enjoying?

Do you think your peers would enjoy it as well?

If so, let one of the fitness staff know what it is. You may see it in a future newsletter!

Send Us Your Picks!

Moves You Can Use

This week, Jameson and Christina coach you through three different shoulder health exercises. Click on each picture for full instruction.

Have more questions? You can call the fitness team during the week between 8:00 AM - 4:00 PM using extension 208!



Hip Flexor Stretch with Arm Raise

Jameson coaches Christina through a seated stretch that helps open up the front side of your body all the way up to the shoulder. Keep your spine neutral and make sure to breathe deeply during this one.



Wall Slide

Christina has Jameson work on his shoulder mobility and posture with this exercise. Make sure to keep your core braced and your spine neutral while you move through a pain-free range of motion.



Cat Pose

Jameson has Christina perform a chair variation of cat pose. This exercise is a great option to get your shoulders and upper spine feeling better.

Fitness Video Archive

Check out OceanView's growing fitness video archive. Now with over 40 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus blooper reel!